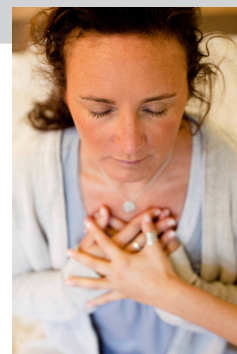


Self-Exploration Immersion

An 8-week Phoenix Rising Yoga Therapy Program
with Sarah Smazal - *January 22nd-March 11th 2012*



When:

Sundays 2-4pm

Where:

Aurora Yoga
5309 Aurora Drive
Austin Texas 78756

Immersion Investment:

\$350/person

*includes all sessions,
guidebook, 8-hour silent retreat
and one private Phoenix Rising
Yoga Therapy session*

Payment options available
Space limited to 10 participants
15% Early Registration Discount
(by Jan 4th)

Contact Me to Register

Phone: (303)-810-2915

~OR~ Email:

sarah@insightyogatherapy.com



Dearest Community,

Over the past year, I've taken my time to discern what I want to teach and share at this point in my journey. This word "teacher" carries with it a curious combination of responsibility and humility. In truth, there is nothing I can teach you. If there is any wisdom I've learned from my own experience it's that **you are your one and only true teacher**. The best I can hope to do is invite you to explore this, to dive into your experience and inquire about your own source of wisdom and truth.

Of course meeting your "truth" isn't always easy. While steeped in our own experience (our life), stress and strain can seem to drown out our internal source of wisdom, intuition; that part of you that knows without thinking.

What if your experience is your truth? What if what you feel, sense and think is actually a doorway that leads to your deepest sense of wisdom? What if the guidance is already right there within you?

These are questions I continue to ask myself and this kind of self-inquiry and self-exploration has led me to a big learning: self-care. The more I learn about myself, the more capable I am of caring for myself and therein I learn how to be present and supportive to the people in my life. This is just one of my personal truths illuminated from a **Phoenix Rising Yoga Therapy (PRYT)** process I practice and share privately.

I wonder what truths might surface from your own self-exploration. That's why I've decided to share PRYT body-centered/yoga-based process tools in a group setting.

This **8-week immersion** is an invitation to go deeper, to turn inward and inquire about who you are, where you've been and where you're going. It's an opportunity to deepen self-awareness and in doing so, activate change.

With the support of a circle, a community of "explorers" you will learn how to witness and be witnessed just as you are. This is not about aligning your body in the perfect yoga posture but using the whole of your experience (physical, mental, emotional and subtle) to align with your wisdom and to bring your own truth to action.

If this interests you in any way, please read on, ask questions and explore what's here. It is with pleasure that I invite you to immerse in yourSELF and begin 2012 with a sense of personal purpose.

Much love,

Sarah

Integrative Body + Mind Therapy



"We don't see things as they are,
we see them as we are."

-- Anais Nin

8-WEEK SCHEDULE

Week 1. Befriending the Body	ALL DAY SILENT RETREAT	Week 5. Discernment
Week 2. Awareness		Week 6. Truth
Week 3. Acceptance		Week 7. Truth in Action
Week 4. Choice		Week 8. Flow

Phoenix Rising Yoga Therapy is a mindfulness based practice that provides a way for you to experience, explore and change how you relate to your life. Yoga asana, meditation, group dialogue, journaling and weekly exercises are employed as tools that help you move through life with greater mental clarity, find relief from chronic aches and pains (both physical and emotional) and identify and release tensions and self-limiting beliefs.

The steps for becoming aware and then learning to accept what you learn about yourself require time and self-inquiry. Here is an example from the eight-week program of an exercise that will help you do that. Please note: In the Phoenix Rising Yoga Therapy approach there are no right or wrong answers, just awareness and choice.

SAMPLE EXERCISE of a supportive home practice from the eight-week program:

Go to the top drawer of your dresser or top shelf of your closet. Take a few moments to simply observe it. Notice all that you have chosen to store in this space. Notice how it is arranged. Notice your response to the arrangement of the items. Just notice. And then accept it or notice that you can't. Close your eyes for a moment and breathe for 20 seconds, just letting it be. When you open your eyes again, explore the choices your closet reveals to you – choices you are making not only in relation to this closet but also to your life. Ask yourself: "How does my closet, in the way I find it right now, reflect my life? How does it support or not support my intention for how I want to be in life? If I were to make changes to my closet, what would they be? How would these changes make a difference in my life?"

"At some point in our spiritual growth, we need to take the leap into trusting ourselves to know our own answers."

-Michael Lee, author and founder of PRYT